

A Quarterly Newsletter Of



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Spring 2008



It will be a busy spring!

Spring is here and we have a lot planned, so mark your calendars! In this issue you will find information about the following upcoming events:

- Rain Barrel Sales and Distribution — Order by April 14 for pickup on Saturday, April 19
- Nike Reuse-A-Shoe Collection — Saturday, April 19
- Household Hazardous Waste Day — Saturday, April 19
- Town-wide Earth Day Cleanup — Saturday, May 3
- Zero Waste Day in Andover — Saturday, May 3
- Bike Bank Collection — Saturday, May 3
- Shredding Palooza — Confidential document shredding event set just after tax season! — Saturday, May 17

What can you do with those old sneakers?



Turn them into something else, of course! This spring, we will be collecting old sneakers for Nike's Reuse-A-Shoe program. Nike will accept any brand of used athletic shoes; however, the shoes cannot have any metal parts (no metal eyelets or cleats). Nike takes the shoes and gives them a new life as athletic surfaces.

So, how many athletic shoes does it take to make a basketball court? According to Nike, about 3,000, or one-half mile's worth if you lined them up end to end. Currently, Sargent School has an ongoing collection. NASWAC will also be collecting sneakers at the DPW on Saturday, April 19 between 9 a.m. and noon. If you are coming down to

the DPW for the Spring Household Hazardous Waste drop-off or stopping by to pick up a rain barrel, why not unload all your unwanted sneakers at the same time?

The sneakers are separated into three parts: rubber from the outsole, foam from the midsole, and fabric from the shoe's upper. Each material is then turned into a unique "Nike Grind." The granulated rubber from the shoe outsole, along with factory scrap, is turned into soccer, football, and baseball fields, as well as flooring for weight rooms. The granulated foam from the shoe midsole is used to create synthetic basketball courts, tennis courts, and playground surfacing tiles. The granulated fabric from the shoe uppers becomes the padding under hardwood basketball floors.

Not a bad second life for a pair of old, worn-out shoes!

Let the rains begin!

The New England Rain Barrel Company makes 55-gallon, blue, recycled-content, plastic rain barrels as a way to conserve water, recycle plastic containers, and help the environment. These barrels come with super-safe lids that are permanently affixed with just a six-inch, mesh-covered opening at the top. The barrels have two spigots, one for a garden hose and one for overflow.

Gardens and house plants love rain-water because it is soft. Collecting rain-water also helps to reduce storm water runoff and to recharge our ground water supply.



Shredding Palooza

Spring document shredding event

Once again, North Andover residents will have the opportunity to protect themselves from identity theft by taking part in our shredding event. The shredding event will take place on Saturday, May 17, from 9 a.m. to noon, at 384 Osgood Street. Your first box of paper will be shredded free of charge. Each subsequent box will be charged at a rate of \$5 per box. (For purposes of this event, a "box"

is a standard file box—not a box that a washing machine came in!) This is an excellent opportunity to witness the secure disposal of your personal and business documents.

The shredding will be done on-site by Universal Shredding of Georgetown. If you have any questions or concerns, please contact Jason Mello at Universal Shredding at 978-352-8567.



Take some Earth Day action

North Andover is holding its sixth annual Earth Day Cleanup on Saturday, May 3, from 8:30 a.m. to 3:30 p.m. Our annual cleanup is a great way to take some Earth Day action right here in North Andover. You and your family, a group of neighbors, a scout troop, civic organization, or church group can adopt a street, park, or other area to clean up. Not sure where to go? We'll be happy to recommend a place in need of attention.

Wheelabrator will once again be donating the use of super-sized dumpsters for the weekend. On Monday morning, they'll haul the dumpsters and trash away, disposing of it free of charge. Let's make the most of this generous offer. Deliver any trash you collect back to DPW where you can put it directly into the dumpster.

Also supporting our event will be Whole Foods Market, which will donate organic fruit, cookies,



(Continued on Page 4)

For a limited time, the rain barrels can be purchased by North Andover residents for \$56.50 each, a discount of more than \$30 from the normal retail price of \$89. Orders for this year's supply of rain barrels will be accepted through April 14. Residents who order barrels must be able to pick them up on Saturday, April 19, from 9 a.m. to noon, at the North Andover Public Works Building, 384 Osgood Street.

If you're interested in ordering a rain barrel, call The New England Rain Barrel Company at 978-977-3135 or order online at www.nerainbarrel.com.

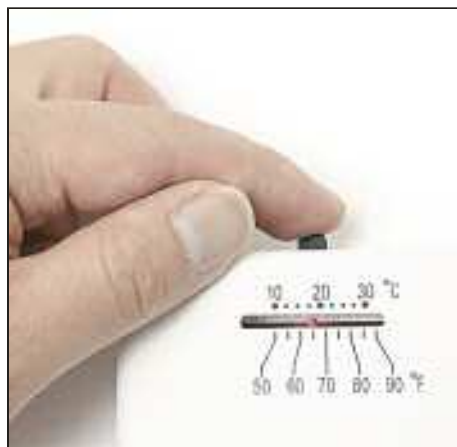
This is the third year we've received grant funds from the Massachusetts Department of Environmental Protection to subsidize the purchase of rain barrels. In 2005 and 2007, we sold a total of 125 rain barrels. Residents report emptying their barrels an average of four times over a season and some much more frequently. So with the 125 rain barrels already in use in the community, we are saving 27,500 gallons of water a year. After this year's grant, that savings will jump to 38,500 gallons per year. Barrels are available to residents at the discounted rate as long as supplies last.

10 Tips

to turn in a great year

Here are 10 easy ways to make it a better Earth Day and a better year for the Earth:

1. Turn it off. Switch off lights and appliances that aren't in use. Shut off the faucet while you shave or brush your teeth.



2. Turn it up (or down). Raise the temperature on your thermostat during the summer months to keep the house a bit warmer, and lower it during the winter months to keep the house a bit cooler. Dress accordingly.

3. Turn it over. Use both sides of paper. The back side of paper can be used to print drafts or jot notes. When you print and copy new documents, choose double-sided printing.

4. Turn it down. When you shop, carry your own tote bags and say "no thanks" to paper or plastic store bags.

5. Turn it in. Do some spring cleaning and give away clothing, housewares,

small appliances, toys, and games that you no longer need.

6. Turn it around. Use and reuse what you already have. Extend the life of what you own with proper maintenance. Follow instructions for recharging batteries to keep them in tip-top shape.

7. Turn it away. Reduce your waste at the source—don't buy what you don't really need. For example, take a look at last year's spring and summer clothes before you start shopping this year.

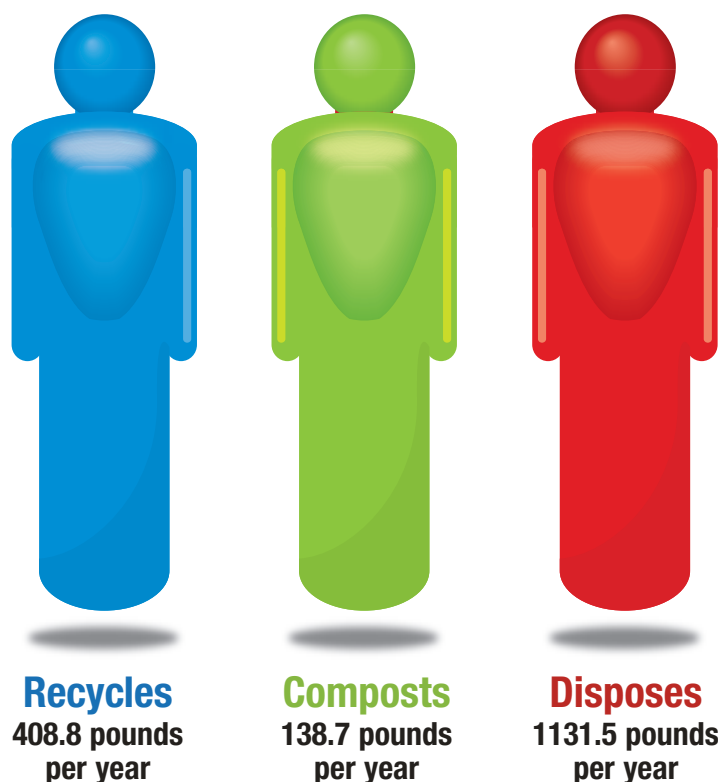


8. Turn it back...into something else. Recycle! Your old containers and paper products become brand-new stuff—from containers and paper to furniture and insulation.

9. Turn it under. Compost your yard and garden waste, as well as your fruit and vegetable scraps, to create a nutrient-rich soil amendment.

10. Turn it on. When you are excited about taking care of our Earth, you'll get others excited, too. So turn on your charm and tell your story!

The average American...



Source: "Municipal Solid Waste Generation, Recycling, and Disposal in the United States: Facts and Figures for 2006," U.S. Environmental Protection Agency



Even if you don't own a pair of Crocs, you've seen them. They are the distinctive plastic clogs with the holes on top. If you have a worn-out or an outgrown pair, don't throw them away. Instead, give them a second life by recycling them through Crocs' SolesUnited program.

Crocs reborn

SolesUnited began as a way to recycle manufacturing scrap but has now expanded to include worn-out shoes. Many retailers that sell Crocs will accept used classic Crocs-brand shoes for this recycling program. If there is not a participating retailer near you, you can mail your old Crocs to one of these addresses:

- Crocs Recycling – West
3375 Enterprise Avenue
Bloomington, CA 92316
- Crocs Recycling – East
1500 Commodity Boulevard
Lockbourne, OH 43137

SolesUnited takes the old Crocs, sorts them, grinds them up, and turns them into new shoes. These shoes are packed into large shipping containers and sent to non-profit organizations in developing countries. SolesUnited Crocs cannot be resold by the organizations and must be given away to those who need shoes.

To date, SolesUnited has donated 1 million pairs of recycled shoes, with a goal of giving away 2 million by the end of this year.

For more information, visit www.SolesUnited.com.

QUOTES REQUESTED



To exist as a nation, to prosper as a state, and to live as a people, we must have trees.

Theodore Roosevelt, 1858–1919
26th President of the United States

Extraordinary Uses

Your house is full of ordinary things—such as vinegar, salt, toothpaste, duct tape, and coffee grounds—that can have some extraordinary uses. In the process, you can save time and money and reduce your waste. Are you ready to get started? Check out a copy of the Reader's Digest book, *Extraordinary Uses for Ordinary Things*.

For example, you can only use one mouse pad at a time. So, what do you do with the mouse pads that you get as giveaways or that come when you purchase a new computer? The book offers these suggestions: Cut the pad into small circles or squares to be used as pads under furniture legs. Make knee pads for gardening. Put the pads under houseplants to keep pots from scraping your fine wood furniture. Use them as hot pads on your dinner table.

Rather than buy special cleaning products and storage containers, take a look at the 2,317 suggestions in this



book. You'll find lots of extraordinary uses for your ordinary household things.

Trashing Everest

Since Sir Edmund Hillary and Tenzing Norgay reached the top of Mount Everest in 1953, more than 11,000 climbers have made the attempt and over 3,000 have reached the sought-after summit. In the process, these climbers have left behind more than 50 tons of waste at the high camps, including tents and gear that were left behind on the descent, oxygen bottles, batteries, and water bottles. This debris has earned Everest the nickname, “the world’s highest garbage dump.”

During the 2000 climbing season,

Japanese mountaineer Ken Noguchi began the slow process of cleaning up the world’s most famous—and highest—peak. His cleanup trips up the mountain have cleared away 9.9 tons of trash so far.

In addition to collecting waste and getting it off the mountain, these trips have raised awareness. As a result, more expeditions are packing down their own wastes. Plus, the government of Nepal has tightened restrictions. Climbing teams must now carry out their gear and trash or forfeit a sizable deposit.



You’re hearing more all the time about the transition to over-the-air digital television signals. But what does it mean for you? Do you need a new TV before next February? Will you need a converter box to keep your current TV working?

The answers to these questions depend on how you receive your TV signal now. Do you subscribe to cable TV or a satellite TV service? If so, you shouldn’t need to do a thing. The cable or satellite carrier will make all of the needed adjustments. If you have questions, watch for bill inserts describing the transition, or call your cable or satellite company’s customer service number.

If you rely on an outdoor antenna or indoor “rabbit ears” to receive local channels, you may need a converter box. The first question is this: Do you receive local, digital channels now? These are the “extra channels,” such as a weather/news station that comes from your local ABC network affiliate. If you are already receiving these channels, you have a TV with a digital tuner and you are all set for

the transition. If you don’t receive these channels, you will need a converter box to continue using your older TV.

Converter boxes will be sold at home electronics and appliance stores. There is a federal program to help you pay for

your converter box. Each household with analog-tuner TVs may receive up to two coupons, worth \$40 each, toward the purchase of digital-to-analog converter boxes. Converter boxes sell for about \$40 to \$70 each. For more information on the Digital-to-Analog Converter Box Coupon Program, visit www.ntia.doc.gov/dtv/coupon, or call 1-888-388-2009.

Beginning on February 17, 2009, all local, over-the-air television signals will have to be broadcast digitally. For more details about the conversion to digital transmission and how it will affect you and your TVs, visit the Federal

Communication Commission’s website, <http://dtv.gov/>, and the Environmental Protection Agency’s website, www.epa.gov/epaoswer/hazwaste/recycle/ecycling/tv-convert.htm.

Please remember that if you do choose to replace your old TV, it shouldn’t go into the trash! Contact us about proper disposal.

According to the “One Day in America” report published in *Time* magazine on November 26, 2007, the average American household has more televisions (2.73) than people (2.6). In terms of our time, work and sleep come in first and second, but watching TV is a strong third.

Eco weddings and a funeral

From birth to death, our lives are filled with celebrations that mark new beginnings or tearful goodbyes. From births to weddings and from graduation parties to funerals, we mark our comings and goings with family, friends, food, and festivities.

If you are interested in planning greener festivities or learning more about the rituals that accompany common celebrations, check out these books and articles. Remember to look for books at the local library and used bookstores!

Eco-Chic Weddings: Simple Tips to Plan an Environmentally Friendly, Socially Responsible, Affordable, and Stylish Celebration by Emily Elizabeth Anderson

Grave Matters: A Journey Through the Modern Funeral Industry to a Natural Way of Burial by Mark Harris

“Green Weddings (and More)” by Tracy Fernandez Rysavy in *Real Money* — www.coopamerica.org/pubs/realmoney/articles/celebrations.cfm

Simply Green Parties: Simple and Resourceful Ideas for Throwing the Perfect Celebration, Event, or Get-Together by Danny Seo

Stiff: The Curious Lives of Human Cadavers by Mary Roach

“The Three R’s of Wedded Bliss” by Maureen Ryan in *The Green Guide* — www.thegreenguide.com/doc/120/weddings/2

Something to talk about

In January 2008, wireless service providers counted an average of 250 million cell phones in use each day. At present, the average phone is used for about 18 months, meaning that at least 150 million are replaced each year. Of these, most are probably sitting in someone’s “junk drawer.” However, many of them could easily be refurbished and reused, while the remainder can be recycled.

Cell phones contain lead, copper, and antimony in sufficient quantities that they can be hazardous when mixed with household trash. That’s just one of the reasons they shouldn’t go into the trash! The other, of course, is that they also contain reusable materials. For instance, according to a report published by INFORM, Inc., there is enough gold in 200 cell phones to create a gold ring.

According to a study of cell phone life cycles published in the *International Journal of Life Cycle Assessment*, extending the use of your existing cell phone to 4 years could decrease the environmental impacts of the phone by 40%. Why? Simple—using the same phone

longer reduces the need to extract new resources, lowers emissions during manufacturing, and reduces energy use.

Learn more about cell phone use and recycling, as well as INFORM’s Secret Life Series, at <http://secret-life.org>.





Saturday May 3, from 8 a.m. to noon, the Rotary Club is holding its **annual bike drive**. Rotary Club members will be at the Knights of Columbus on Sutton Street to accept donations of bikes with functional brakes and inflatable tires. The collected bikes will be cleaned up and given to people in our community and in Lawrence who need a bike.



Recycle your old **prescription eye glasses**. The local Lions Club provides a collection box for used prescription eye glasses. The collection box is located in Town Hall near the Town Clerk's office.



The **curbside collection of sticks, branches, and small limbs** that came down during the winter is scheduled for April 14 through April 25 on your regular trash collection day. Place all limbs with the butt end toward the curb. All material is fed directly into a chipper that can accept limbs with a maximum diameter of 3 inches. After April 25, residents are welcome to pick up wood chips at the Cyr Recycling Center on Sharpners Pond Road. You won't know what kind of chips you're getting, but they can be used as mulch around plantings. Mulch helps keep moisture in your soil, near your plant roots.



The spring **Household Hazardous Waste Collection** will take place on Saturday, April 19, from 9 a.m. to 1 p.m., at the DPW. Household Hazardous Waste includes household chemicals, lawn and garden products, and automotive fluids. Residents are allowed to drop off HHW at no charge.



The North Andover Solid Waste Advisory Committee welcomes **Norm Bagley, Lisa Conti, Martha Mittelstaedt and Philip DeCologero**. Thanks for volunteering your time and talents!



How much do you know about recycling paper? Take our quiz and test your paper smarts!

1. Magazines, brochures, and pamphlets are recyclable—even those made with glossy paper.

True or False

2. Staples and paper clips do not need to be removed from paper before recycling.

True or False

3. Cereal boxes, envelopes, office paper, and unwanted mail were used to make the cover of the seventh and final Harry Potter book, *Harry Potter and the Deathly Hallows*, at a Massachusetts paper mill.

True or False

4. In 2005, Massachusetts saved about 31 trillion BTUs of energy by recycling paper—enough energy to power 295,372 homes for one year.

True or False

5. Massachusetts residents and businesses throw away 1.5 million tons of paper each year, enough to fill Fenway Park with a mound as tall as the Prudential Center.

True or False

Drop off your reusable items at Zero Waste Day!

The idea of “zero waste” is just what it says—nothing wasted and everything reused or recycled. The annual “Zero Waste Day” is a half-day charitable donation event that is open to all Merrimack Valley residents. Donated items will go directly into the waiting trucks of several local charities, including Lazarus House, Saint Vincent de Paul, Bikes Not Bombs, Got Books, and more. What an easy way to de-clutter your house and give your gently used items another life!

Zero Waste Day is set for Saturday, May 3 from 9 a.m. to noon at Brickstone Plaza in Andover (York Street, off of Route 133). Follow the signs to the rear parking lot.

Materials accepted will include usable books, clothing, bikes, building materials, linens, and household items. All of the items delivered to this event should be in

usable condition. Don't try to get these charitable organizations to do your dirty work. Please no broken items and no trash!

At the event, there will be volunteers to help you unload and get your donations to the appropriate truck. There may be some items that the charities cannot accept, so please be prepared to take home anything they cannot use.



Believe it or not, all of these statements are true! To learn more amazing facts about paper recycling, visit www.massrecyclespaper.org.

In North Andover, paper recycling is simple. Until weekly single-stream recycling has begun, remember that you can recycle all these types of paper by placing them in your bin inside a paper bag: newspapers/inserts; magazines and catalogs; phone books; junk mail; office paper; paperboard (cereal, cracker boxes — remove plastic liners); corrugated cardboard (flatten, fold, or cut to less than 30" x 30"); shredded paper; and brown paper bags. Please do NOT place your paper in plastic bags!

Earth Day Action

(Continued from Page 1)



Brooks School students (from left, Charlie Cottingham, John Gallagher, and Brad Forgetta) “show off” some of the materials they picked up at the side of the road during a past Earth Day Cleanup.

and water. When you check in the morning of the cleanup, be sure to pick up a snack for later.

Our check-in table will open at 8:30 a.m. at the DPW. If you need supplies (thick contractor trash bags and work gloves) or if you know you will need help getting your full bags back to the DPW, please check in before starting your cleanup. If you have a favorite pair of gloves, we suggest that you use your own. Also, you might want to bring along a five-gallon bucket. It's easier to collect trash into a bucket and then fill your bag than it is to carry and fill the bags. At check-in, you will also receive a cell phone number to call if we can help you haul your bags back to the dumpster.

If you don't need a snack, supplies, or help with your bags, go ahead and do your cleanup whenever it fits into your weekend schedule. Just be sure to drop off your full bags by Sunday evening. The dumpster will be removed first thing Monday morning.

If you have a pickup truck and would like to volunteer to pick up bags at street-side during and after the cleanup, we could certainly use your help. Email us to volunteer yourself and your truck.

To participate, send an email to recycle@townofnorthandover.com with the street(s) you'll be cleaning up or with your request for an area assignment. We're keeping a list so we can ensure as many areas are “adopted” as possible.

In the past, nearly 1,000 residents have picked up over 200 cubic yards of trash and litter from North Andover's streets and public spaces. Thank you! We hope we see you again this year for some renewed Earth Day action!

Are you ready to compost?

Spring is a great time to kick-start your composting efforts. The Town of North Andover sells compost bins for only \$25 and kitchen scrap buckets (for your fruit and vegetable scraps) for only \$3. Both of these are subsidized, discounted rates.

For details, email us at recycle@townofnorthandover.com or stop by DPW the morning of Saturday, April 19th.



We want your suggestions, questions and comments!

NASWAC

c/o Department of Public Works

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North Andover, MA 01845

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www.townofnorthandover.com/recycle

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70% POST-CONSUMER NEWS CONTENT, USING SOY INKS

Please recycle this publication after you have read it!

Tina Talks Trash!



In the last edition of this newsletter, we announced that we can now recycle cartons made from wax-coated paper, such as those used for milk and juice. I received this follow-up question:

Q: Will there be a location created at the DPW to drop off the wax-coated paper cartons, or will they only be accepted at curbside?

Suzanne Rubenstein

A: Suzanne, this is a great question because I did not address the drop-off at all! The answer is that wax-coated paper cartons can be put in the container marked for “all plastics” at the drop-off. Thanks for asking!

